



HELLO PARENTS,

National Child Day celebrates the rights of children and youth in Canada. The rights, as stated in the United Nations Convention on the Rights of the Child, apply to people under the age of eighteen. This act protects children's rights to education, healthcare, and participation in society along with many other liberties. Children who are empowered are more likely to have confidence, which will transpire into their future adult lives. In Canada, National Child Day serves as a day to remember the government's efforts to protect and support Canadian children. National Child Day is a reminder that we must continue to empower children in Canada and all over the world. In this newsletter, we will provide you with facts and activities that honour National Child Day.

WHAT IS NATIONAL CHILD DAY?

- National Child Day is a day to learn about what we are doing as a country, to give children the highest quality of life.
- It is an important day to educate children about their rights, so that they can advocate for themselves if they need to.
- National Child Day has been celebrated across Canada since 1993 to commemorate the United Nations' adoption of two documents centered on children's rights: the [United Nations Declaration of the Rights of the Child](#) on November 20, 1959, and the [United Nations Convention on the Rights of the Child](#) on November 20, 1989.
- National Child Day was officially declared by the Parliament of Canada with Bill C-371.
- November 20th also marks World Children's Day, which is honoured internationally.
- In 2018, Prime Minister Justin Trudeau marked the occasion by welcoming the creation of the Canadian Children's Charter: a call to action to respect, protect and fulfill the rights of children. The Children's Charter is a plan by children, for children, and was led by Children First Canada.

HOW DO YOU HONOUR NATIONAL CHILD DAY?

National Child Day is important for children and adults alike. There are several ways for you to observe National Child Day. You can teach your child about their rights and help them learn how to advocate for themselves. Teach your child about the history of National Child Day and the history of the United Nations Convention on the Rights of the Child.

You may also read stories with your child about diverse characters; share stories from your childhood; empower your child by letting them make some decisions; and encourage your child to help others.

NATIONAL CHILD DAY FAMILY ACTIVITIES

MEMORY SCRAPBOOK

MATERIALS:

- Photographs and other mementos
- Construction paper or scrapbook paper
- Glue or glue stick
- Scissors
- Pencil
- Decorative items, such as markers, crayons, stickers, stamps, glitter, stencils, etc.
- Hole punch
- String or ribbon
- Optional: Binder or album

DIRECTIONS:

- Group together the photos or other mementos.
- For each family member, create a page that is all about that person. Include two to four photos showing one of the many roles that the person has in your family.
- Use the stencils and a pencil, and trace fun shapes over photos.
- Use scissors to carefully cut along the traced pencil.
- Glue the photos and other items to the paper.
- Let your child decorate the pages however they wish. Be sure to also decorate a "title" page that describes the overall concept of the scrapbook.
- After all the pages are complete, bind them together to create an album. Use a hole punch to create holes on the left-side of each page. Bind the pages together using ribbon or string.
- Have fun with your layouts and choose photos that reflect your family's personality and highlights the special moments you enjoy together.

[Click here](#) to see children from around the world.

[Click here](#) and join in singing the song "Around the World".

IT'S OK TO BE DIFFERENT

DIRECTIONS:

- Stand face to face with your child.
- Have them copy all your movements. For example: reach up and stretch, run in place, act like a monkey, etc.
- After some time, switch roles and copy your child's movements.
- Make it fun and you will not be able to resist laughing.

[Click here](#) to read "Be Kind" by Pat Zietlow Miller.

[Click here](#) to read "It's Okay to Be Different" by Todd Parr.

[Click here](#) to read "Kindness is Cooler Mrs. Rules" by Margery Cuyler.

I HAVE THE RIGHT TO BE A CHILD

MATERIALS:

- A ball of yarn
- [Click here](#) to read "I have the right to be a child" by Alain Serres, Aurelia Fronty and Sarah Ardizzone.

DIRECTIONS:

- After you read the book hold the ball of yarn to start the game.
- Say one right from the book. For example: "I have the right to play".
- Hold the end of the yarn and throw the ball to another person and say their name.
- The person who caught the ball will say a different right. For example: "I have the right to be active".
- Continue to play the game and repeat the rights until everyone is linked into the web.
- Together, have a discussion identifying the rights and responsibilities of the children.

[Click here](#) for more activities.

